COChickenCBRevised15

Number of Servings: 15 (205.05 g per serving)

Amount	Measure	Ingredient
15.00	ea	Chicken, broiler/fryer, breast, w/o skin, rstd
4 1/2	oz	Butter, unsalted
4 3/4	Tbs	Mustard, dijon
4 3/4	Tbs	Cornstarch
15.00	oz	Cheese, provolone, slice
4 3/4	cup	Water, tap, municipal

Nutrients per serving

Nutrition Facts

Serving Size (205g)
Servings Per Container

Amount Per Serving

Calories 320   Calories from Fat 160

	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 110mg	**37%**
Sodium 430mg	**18%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 34g	

Vitamin A 10%	•	Vitamin C 0%
Calcium 25%	•	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
    Fat 9 • Carbohydrate 4 • Protein 4

Instructions

1# or 16 oz butter = 2 cups (each 2 T butter = 1 oz)
Food Handling :
  - Wash hands immediately before engaging in
    food preparation and again after engaging in
    any activities that contaminate the hands.
  - Single gloves should be used for only one
    task and then discarded.
Cooking :
  - Cook to an internal temperature of 165 F for
    15 seconds.
Holding :
  - Hold for hot service at an internal temperature
    of 135 F or higher.

Put layer of chicken breasts in steamtable pan(s). Bake chicken at 300 degrees F (convection) (or 350 degree F 1 hour in regular oven) for 30-45 minutes and until internal temperature of 170 degrees F is reached. Take chicken out of oven and pour off any juice.
Use juice as part of measure for water and add juice/water to butter, Dijon mustard, and thicken with cornstarch by stirring and bringing to a boil for 2 minutes. Pour over cooked chicken breasts. Place cheese over top of the chicken breasts and cover. Return to oven or place in steamtable for 5 minutes to let cheese melt before serving.